The death of one of Glen Canyon’s great horned owls throws into stark relief the conundrum faced by areas working to protect wildlife while also minimizing rodent infestations in homes and commercial areas.

Each spring hundreds of Glen Park residents go to see an owl pair and their yearly broods of chicks in their nest in a eucalyptus tree near the Glen Canyon Recreation Center.

But this year, a female owl—believed to be one of that pair—was found dead in the park. A necropsy showed that the owl died after ingesting rodenticide, likely from eating a rat or mouse that had consumed the poisonous substance.

It’s a reminder of the difficulties wildlife face sharing a crowded urban area packed with people.

The owl was discovered March 16.
**GPA PRESIDENT’S COLUMN**

About once a week, heading from my home on Sussex Street to BART or running other errands in downtown Glen Park, I veer from Chenery Street to Burnside and into the Glen Park Greenway.

The path from Burnside between St. John School and trees (some in very poor shape) along Bosworth Street is through a forest of tall fennel; the path between Chilton and Lippard has a carpet of Cape ivy; and the trail in the wider block from Lippard to Brompton is pretty muddy in the winter.

Is this the Glen Park Greenway? The Glen Park Association membership unanimously approved the Glen Park Greenway Concept Plan at the January GPA meeting, so I am happy to use “Glen Park Greenway” as proper noun.

But how and when will the fennel, ivy and old trees be replaced by the improved paths and replenished landscaping we see on the Concept Plan? Those are good questions.

One part of the answer is that the GPA is continuing to work with Surfacedesign, Inc., the landscape architecture firm that ably led the workshops on the Concept Plan. From that plan, the project will go through schematic design, design development and construction documentation.

Each phase considers more detail about trail materials, planting plans, dimensions and cost estimates. The Greenway needs to take into account grades, drainage, soil conditions, tree health, safety and accessibility. (The process is like deciding that your house needs a new kitchen. You want to move the appliances, add new cabinets and better lighting, and replace the floor. The architect gives you sketches you reject, then draws a plan you approve. The architect draws up the specs, and contractor prices it out.)

While those plans are in progress, we will need to reach out to the owners and stewards: Public Works, the San Francisco Public Utilities Commission and even the Archdiocese of San Francisco, which owns a Greenway strip separated from the St. John School site.

We will ask the City agencies for staff help and capital funding to realize the Greenway. Those “asks” will compete with other needs around the city, but the strong neighborhood support for the Greenway will be hard to ignore.

When will we see the Greenway Plan in the ground? The design and funding steps are likely to involve the rest of this year, with actual work under way by 2017. This does not mean we will wait for contractor or City crews to dig and plant.

The reality is that we in Glen Park will build parts of the Greenway, just as the Friends of Penny Lane have been building the Surrey Steps, with volunteer work days and fundraising.

But the “when” is not that far off. The GPA Greenway team began putting out the word in May for a work day on June 18 on the Brompton-Lippard segment.

The clean-up, with Public Works’ support, is a start. I will be there with good shoes, work gloves and sunscreen, and I look forward to joining neighbors in putting in time and sweat for the Glen Park Greenway.

**FROM THE EDITORS**

Wildlife Crossing

In the early morning, before workers and students with backpacks and bags start streaming down Glen Park’s streets toward the BART station and cross-town bus stops, our pavements play host to the early-morning patron of little feet. Here comes a skunk, striding purposefully along Surrey Street at 5:30 a.m., crossing Diamond, probably heading toward its home up in Ohlone Way.

A week later, at 6:30, at the same crossroads, a young coyote comes loping along Surrey from the direction of Destination Bakery, apparently canyon-bound till he spots a resident emerging with a garbage bag and stops to investigate. Recology trucks will start arriving soon, but aromas emanating from black bins on collection day can be hard to resist for a Glen Canyon coyote out looking for breakfast. The homeowner looks menacing. The coyote continues its journey.

Everyone has a story about an urban wildlife encounter: raccoons living under a shed, skunks in the garden, possums migrating from Bernal Heights, squirrels commuting along the overhead wires, falcons soaring overhead looking for lunch. A coyote sighting just one block from downtown Glen Park shouldn’t surprise us; they’re seen in growing numbers across the city, from Telegraph Hill to Ingleside Terraces.

Burgeoning wildlife is just one more sign of change in Glen Park. Techies move into McManis houses where century-old cottages stood, while plans are announced to erect a house that will replace a friendly streetscape garden on the neighborhood’s tiniest lot. Merchants retire and new ones take their places. Planners throttle auto traffic in the name of “transit first.” Old-timers watch and adapt. And so do our urban critters.

Environmental Tragedy

One interaction between wildlife and humans in Glen Park ended badly earlier this year. In his story on Page 1, Murray Schneider reports why the death of one of Glen Canyon Park’s beloved great horned owls was likely caused, indirectly and unintentionally, by the actions of a park neighbor. The young mother owl’s expected 20-year lifespan was cut short when she ingested rodent poison, probably from eating a dead mouse or rat.

The story is a reminder that the effects of what we do in our gardens and even our homes can be felt far afield. We’ve learned that insecticides can harm bees and butterflies. We also need to make informed choices about rodent control.

As for the coyotes, only time will tell how long we can coexist with these wild predators on our streets. They’ve already attacked small dogs in the canyon, prompting calls for action. As their tribe increases, will our pets be safe in their own backyards?

Then there are mountain lions. They regularly prowl neighborhoods in Marin and San Mateo counties. But not in San Francisco. Until a year ago, when four sightings occurred in as many days at the end of June and early July. All apparently involved the same animal, which was seen in Sea Cliff and the Presidio, then on the 1000 block of Gough Street, and finally near Lake Merced, evidently on its way out of town. We can breathe easy, maybe, at least for a while.
Off-Ramp Accidents Get Caltrans To Rethink San Jose Ave. Changes

Caltrans recorded seven off-ramp accidents in the five months after transportation officials reduced the number of lanes coming off northbound Interstate 280 onto San Jose Avenue from two lanes to one in a failed effort to slow traffic.

Now, state transportation officials say they are looking to switch back to two lanes, but they have yet to make the final call.

“Our expectation is that this is the best optimum workable solution,” said Sean Nozari, Caltrans’ deputy district director for traffic operations for the Bay Area. However, he said, the data still needs to be analyzed before a final decision is made.

The off-ramp lane reduction was the second of two experimental roadway design changes aimed at taming traffic along San Jose Avenue from the freeway exit to the first traffic light, at Randall Street.

The first phase, designed by traffic engineers with the San Francisco Municipal Transportation Agency and implemented in spring 2014, reduced lanes for vehicular traffic on San Jose Avenue from three to two. The two exit lanes for vehicular traffic on San Jose Avenue from the freeway: Monterey Boulevard traffic from the underpass leading from the freeway exit to the first traffic light, at Randall Street.

The second phase, begun in June 2015, merged two lanes of traffic coming off the freeway into a single lane before the underpass. Previously, the two lanes continued on to San Jose Avenue. Since the lane restriction, vehicles have queued up on the freeway during peak periods.

Neither step slowed traffic or reduced volume on San Jose Avenue, which was the intent of the project, known by the bureaucratic sobriquet “Northbound San Jose Avenue & I-280 Off-Ramp Road Diet Pilot.”

The seven off-ramp accidents were in part what prompted Caltrans to consider a return to two exit lanes from I-280.

“There is more that can or should be done or looked at to affect the speeds on the neighborhood side [of the underpass],” Nozari said.

The lane changes to San Jose Avenue north of the underpass are expected to be made permanent.

In addition, a concrete barrier will be added on San Jose Avenue to protect bike traffic, and more visible directional signs will be erected to reduce confusion about one-way streets and how to access central Glen Park from the freeway off-ramp. That work is scheduled to be completed by the end of this year.

The speed limit on San Jose Avenue is officially 45 mph, though a yellow advisory sign alerting drivers to travel 35 mph also will go up. SFMTA engineers did not know why a white sign reading 35 miles per hour already stands on the eastern side of the roadway.

In January, planners also announced they would implement changes to the intersection of Dolores Street and San Jose Avenue, as proposed in the Mission Streetscape Plan.

The City will expand sidewalks to shorten pedestrian crossings along Dolores where the boulevard meets San Jose Avenue.

In addition, they will prepare for a controlled crossing spanning San Jose Avenue from Dolores to Brook Street. A signal for northbound traffic at Brook has not yet been publicly vetted.

The board of the Glen Park Association has urged SFMTA to follow Caltrans’ recommendations to restore the two-lane exit until further study of the roadway.

The GPA also asked the agency to coordinate the design of San Jose Avenue with other projects in the area that affect traffic along the corridor. Planners are considering a signal at the intersection of Randall and Mission streets, an initiative of Muni Forward, the City’s public transit improvement plan. That intersection is now controlled by stop signs.

A signal at Mission Street likely would change access to Bernal Heights by banning right turns from northbound San Jose Avenue onto Randall.

Bernal-bound drivers likely would be sent further north to Brook Street, a narrow one-block street between San Jose and Mission.
**NEWS FROM CITY HALL**

Efforts to change our commuter shuttle policies are being pushed at City Hall, and Glen Park, in particular, is in the crosshairs of a negative change that could dramatically impact the neighborhood.

I’m supportive of the commuter shuttle program because more people traveling on buses instead of in cars is a good thing, whether the buses are public or private. The shuttles allow people to get out of their private automobiles, which is better for congestion on our streets and highways, and better for the environment as it leads to a reduction in greenhouse gas emissions.

Earlier this year, after a lengthy study, the Municipal Transportation Agency made some changes to the program, some good and some not so good. However, the proposed permanent program—even with its further narrowing of places shuttles could drive—wasn’t good enough for several of my colleagues, who oppose the shuttle program. These supervisors insisted that MTA consider what they euphemistically refer to as a “hub model,” which would mean only picking up passengers at a few locations in the city, known as “hubs.”

This sounds innocent enough, but the reality is far more complicated and would dramatically impact shuttle riders and those who live near these hub locations.

As an initial matter, the hub model would seriously undermine the ability of shuttle riders to use the shuttles and would push more of them into cars, thus increasing traffic. But, apart from the rider experience, creating a hub model would be a disaster for the neighborhoods where those hubs are located.

In an initial study conducted by the MTA, the Glen Park BART station was selected as one of five hub locations to consider. If Glen Park BART were chosen as a hub, this would mean every morning and every evening there would be a line of commuter shuttles picking up and dropping off people on Diamond or Bosworth or some other street in the heart of Glen Park. While the study found challenges with each location, including Glen Park BART, the fact that Glen Park was chosen as just one of five possibilities to consider initially makes it clear that any movement toward a hub policy will likely include Glen Park as part of that conversation.

In other words, all decisions have consequences. When we reduce the number of shuttle stops or restrict what streets they can drive on, we create over-concentration of shuttles on some streets. When ideologically driven elected officials pressure the MTA to consider “hubs,” those hubs have to be located somewhere where people live.

Yes, we need to keep the shuttles away from small neighborhood streets, but we also have already seen how limiting shuttles to arterial streets is over-impacting some streets, such as Dolores Street. I believe that a dispersed shuttle model is the most effective and least impactful approach.

**CHECK IT OUT AT THE LIBRARY**

Summer in Glen Canyon can be foggy, windy and gray. Mark Twain probably never said it, but it can be the coldest winter you’ll ever spend. What better way to pass the time than curled up with a great book? Attending a fabulous and free library program? Or learning something new?

The San Francisco Public Library aims to please with “Summer Stride 2016. Read. Create. Explore.” The program is designed to inspire and nurture kids, teens and adults with prizes, programs and fun.

Come on in and get your Summer Stride Guide and Tracking Tree, enter the weekly raffle, attend a program and browse our varied, expertly curated collection of new, contemporary and classic titles for all ages and tastes.

This year’s amazing and very San Francisco artwork was created by award-winning illustrator Christian Robinson, in partnership with Chronicle Books and the National Park Service. The NPS is celebrating its centennial with the Library—don’t miss the Stride Guide centerfold to see the special ways to connect to area parks (hint: think field trips with your local park ranger).

Track your time—15 hours of reading, listening or learning for kids, teens and adults. Read to yourself. Read together as a family. Read to your dog or your cat. Listen to a good book or a string quartet. Learn to make kombucha or beehive lip balm. Whether at the library or on your own, it all counts in Summer Stride!

But wait, there are more prizes for you—we are having weekly raffles. Prizes include tickets for the SF Giants, the Golden State Warriors, the California Academy of Sciences, the Exploratorium and the Asian Art Museum, just to name a few. Everyone can enter once a day, every day. Just stop by the library and ask us for a raffle ticket.

And if all this isn’t enough, there are special programs every week: Juggling and Magic. Sock Puppets and Scribble. Bots. Lip Balm and Finger-knitting. Kombucha and Olive Oil. LEGO with “The LEGO Movie.” There’s Little Explorer’s Petting Zoo (yes, animals right inside the library)!

A full list of programs is in the Summer Stride Guide and online at sfpl.org/events (limit to Glen Park, if desired).

When you’ve finished your 15 hours, collect your prize—a sturdy canvas Summer Stride book bag or a Reading Ranger badge that smells of campfire. These must-have SF status symbols are not for sale anywhere—the only path to them is through your local library.

Katrin Reimuller is the chief librarian at the Glen Park Library.
New Intersection Offers No Relief for Drivers But May Speed Muni, Make Pedestrians Safer

Sixteen months after it began, and five months after it was supposed to be completed, the reconfiguration of the Bosworth/Diamond intersection was substantially finished on April 15.

by Bonnie Waldstein and Elizabeth Weise

The only thing left was the project charge of the project.

Otherwise, all the expected changes are in place, including the removal of protective plastic sheeting from the large "Welcome to Glen Park" neighborhood-marker sign the week after construction finished. The unveiling did not come with a flourish and a ceremony that had originally been envisioned, but more with a quiet sense of relief that things could start to return to whatever normal will be with the new configuration.

In the end, the intersection is supposed to be safer for pedestrians, speedier for people traveling through it on Muni and even more frustrating for people driving private automobiles who should expect longer delays to accommodate buses.

"Ultimately the only way we're going to see improvement is if there are fewer vehicles," McCoy said.

The traffic-snarling construction at Glen Park's busiest intersection began on Jan. 6, 2015. Changes included:

• Repaving and restriping the streets.
• Adding the number of traffic lanes on Bosworth Street from three to two in each direction
• Widening the sidewalks
• Building new bus shelters on Bosworth in front of Diamond Dental and on Diamond in front of Viking Submarine Sandwiches
• Adding benches
• Adding drought-tolerant landscape in the Bosworth Street median
• Adding a left-turn lane for drivers traveling north on Diamond Street onto Bosworth Street
• Installing the gateway sign on the corner of Bosworth and Diamond streets
• Repaving and restriping the streets.

The project originally was scheduled to finish by July 2015, but after the sidewalks were widened it was discovered that buses and large trucks couldn't turn the corners without driving over the new curbs, onto the sidewalks and into the pedestrian zone. That major design flaw required SFMTA to go back to the drawing board and re-do the intersection at considerable cost—an estimated $745,000 extra was needed to fix the error, The Chronicle reported.

The mistake came years after the Glen Park Association raised its concern about the flawed design, in writing, when the project was still in the early planning stages. However, the transportation agency assured the neighborhood group that buses would be able to make the turn. That miscalculation added nine months to what was a nightmarish traffic situation.

The worst is now, finally, over.

New Timing at the Intersection

With the new left-turn signals on Diamond Street, the timing of the lights at the intersection will change, said McCoy.

During morning and afternoon rush hours, both northbound Diamond traffic lanes will get the green light at the same time.

The new left-turn green light will last approximately 9.5 seconds before turning yellow, then red. Right-lane traffic (headed straight/turning right) will continue to have the green. When the northbound left-turn lane light turns red, southbound Diamond traffic, including the left-turn lane, will be given the green light.

The northbound traffic signal lasts 47 seconds, which includes the transitions to yellow and red lights.

At off-peak hours, the left-turn green light will be 6.5 seconds.

"No Silver Bullet"

SFMTA is aware that the intersection is congested and frequently backs up, and acknowledges that the new intersection configuration does not fix that.

"Truthfully, there was nothing we could do to make this intersection less crowded," said McCoy. "There's really no silver bullet to solving the traffic situation. There are simply a lot of cars."

The goal—not just with the Glen Park project but citywide—is to improve Muni and entice more people out of their cars.

One frustration expressed by drivers with the new configuration is that, especially at rush hour, cars traveling north on Diamond Street are often stopped behind buses at Bosworth Street, adjacent to the BART station, because the curbside bus stop next to the traffic lane has been removed.

Now buses simply stop in the right-hand traffic lane, backing up vehicles behind them. Because the left-hand lane is now a left-turn-only lane, drivers cannot go around the buses and instead must wait for them to drive on before being able to cross the intersection or make a right turn.

The change was made because SFMTA believes that removing the former bus stop lane and widening the sidewalks made the intersection safer for pedestrians since they have a shorter distance to cross.

It is also supposed to speed up buses because they no longer pull into a bus stop and then have to wait for a break in the traffic to pull back out onto the street. Now they simply stop the traffic behind them while their passengers get on and off.

SFMTA knows that frustrates drivers. McCoy says the tradeoff is that buses carrying more people provides a benefit.

"We're trying to tell people that you can either wait 30 seconds behind that bus or you can wait behind 30 cars. Because if every person on that bus was in a private car, that's what you'd be dealing with."
A Four-Wheel Surprise on Surrey Street

The Toyota Prius could hold the title “National Car of Surrey Street.” One recent Saturday morning, 10 of the popular hybrids were parked along the block between Castro and Diamond streets with assorted other Japanese and German sedans and a couple of Ford pickups. But one unique vehicle stood out. Taller than all the rest, its corrugated metal body resplendent in a shiny coat of grey paint, the interloper was a pristine 1972 Citroën H van.

Nearly half a million of the homely trucks rolled out of factories in France and Belgium between the H van’s debut at the 1947 Paris Auto Show and the end of production in 1981. They helped get France back on its feet after World War II. Their stubby front end earned them the nickname “nez de cochon”—pig’s nose. Now, 35 years after the last one was built, they are mostly a memory in France, and much more rare in the United States.

So how did a lovingly restored 44-year-old H van find its way to Glen Park? Credit Patrick McAteer, a Surrey Street resident who loves things that are unique, special, artistic, worth saving and maybe collecting. A caterer in San Francisco for 30 years, McAteer discovered the world of H vans while browsing online a couple of years ago.

“The wonderful website Pinterest.com was the source of my inspiration and the images that originally piqued my interest,” he said. “I really got most of the information I needed there.”

Another site asked, “Why are H vans so special?” And it quoted style icon Coco Chanel: “In order to be irreplaceable one must always be different.”

In a city full of caterers, McAteer realized that an H van would set his business—Bulldog Coffee—apart from the crowd. An internet contact who lives in Wales located one in the French countryside. Photos weren’t promising, but the truck turned out to be a diamond in the rough. McAteer, a native of Northern Ireland, had it shipped to a firm in Sussex, England, which specializes in restoring Citroën vehicles.

The French automaker sold three versions of the H van—a standard enclosed body, a pickup truck and a basic, bare-bones body that coachbuilders could configure to suit various uses. The van’s body consists of strong, lightweight corrugated metal panels, inspired by World War I-era German aircraft and Henry Ford’s Tri-Motor passenger plane. McAteer’s H van had been a baker’s delivery truck. Modified in England to its new owner’s specifications, it emerged as a unique coffee catering van.

Lifting the large passenger-side panel reveals an interior with a counter and a tall wooden back-bar that can be configured and personalized to suit clients’ needs. Presto, a traveling high-end coffee shop for business meetings, weddings, parties, festivals, sporting events, even film shoots. The exterior is undecorated so Bulldog Coffee clients can adorn the van with their own logos or event signage.

“The van can really be customized for any occasion,” McAteer explained. “We have had great success catering French cider, wine, charcuterie and cheeses, and it has even been used at a party as a D.J. booth!”

The Citroën’s low floor lets McAteer and his staff serve customers without towering over them like most food trucks. They usually serve fresh-brewed drip coffee and espresso drinks. In addition to hot and cold coffee beverages, they provide pastries and desserts from local bakers and pastry chefs.

The same basic menu is available on weekdays at Bulldog Coffee’s brick-and-mortar “Pop Up” location, in the lobby of the Airbnb headquarters at 888 Brannan St. Pinterest has an office in the same building. “The founder of Pinterest is a neighbor here in Glen Park, and their staff are some of my most loyal customers,” McAteer said. “They have even used the van for one of their company events.”

McAteer and his wife, Elsie, have two grown children. As empty-nesters, they recently moved back to the small Surrey Street cottage they bought 20 years ago, long before “tiny house” became a popular movement on TV. Their son, Jonathan, lives downstairs. What did Elsie think when he began his quest for an H van? “She thinks I’m crazy,” he quipped, and quickly added, “She is always very supportive of my ideas, a big help.”

When it’s not out on a job, the Citroën has an indoor spot South of Market. When McAteer brings it home once in a while, it’s a reminder, amid all those Toyotas, of Glen Park’s irreplaceable ambience.
Lively Crowd Enjoys Music, Food and Fun at Glen Park Festival

The 18th-annual Glen Park Festival took place this year on April 24. The neighborhood event offered family-friendly activities, good street food, live music, crafts for sale and community information booths. The annual street fair raises money for local children’s programs.

Photos by Liz Mangelsdorff
“Glen Park” evokes a pleasant mental image—rolling green hills bisected by a babbling brook, engulfed in the freshest air. From Scottish Gaelic “glean,” literally, “glen” refers to a narrow or secluded mountain valley.

Our Glen Park is not the first use in San Francisco. Glen Park Avenue, between Mission, Howard, 12th and 13th streets, was juxtaposed within one block of two popular resorts in the 1870s, City Gardens and the more famous Woodward’s Gardens. Into the 1890s, a popular “breathing grounds,” Wild Wood Glen Park, was a ferry ride away in Sausalito and, briefly, Trestle Glen Park in East Oakland.

In 1891, the Castro Street Land Company, managed by Realtor Archibald S. Baldwin of Baldwin & Hammond (by 1897, Baldwin & Howell), began acquiring and improving approximately 160 acres of property south of 30th Street. The acreage included much of today’s Glen Park, from Castro Street westward, and Glen Canyon west to Miraloma Heights, north to Portola Drive, and south to Mangels Avenue.

On Jan. 31, 1897, the incorporation of the Glen Park Company was announced, “...to conduct parks, museums, zoological gardens, and other places of public resort and entertainment.” Mimicking other local resorts, and with a “glen” in the form of a “narrow or secluded mountain valley” among the lands (Glen Canyon), this appears to be the first use of Glen Park for our district. The Glen Park Company, likely controlled by Baldwin behind the scenes, received title to some of the lands from the Castro Land Company in March 1897.

After his offer of 140 acres to the City for his Mission Park and Zoological Gardens was rejected, Baldwin scaled down his plans and named the new pleasing grounds Glen Park. Officially opened in September 1898, Glen Park drew thousands every Sunday to witness a wide assortment of sports, entertainment and exotic animals. Baldwin believed it would be a big draw for the 75 new home lots he first offered for sale in May 1899: Glen Park Terrace, fronting Glen Avenue (today’s Chenery Street west of Diamond) to Surrey Street, then returning on Surrey eastward to Diamond.

Glen Park enjoyed enormous success from 1898 to 1900. Sales at Glen Park Terrace, however, were lackluster and by 1903, Baldwin had sold all of his interests. The Crocker Estate took over management of Glen Park in 1901, apparently making it a private resort after 1913, and finally transferring the canyon lands to the City in 1922.

So, in fact, our Glen Park was actually named for a long-forgotten breathing grounds, pleasing resort and zoo. How “wild” is that?

Evelyn Rose is documenting the histories of Glen Park and nearby neighborhoods. To learn more, visit www.GlenParkHistory.org. The Glen Park Neighborhoods History Project meets every other (even) month and offers history walks. Join the mailing list: GlenParkHistory@gmail.com.
New Trail Offers Link Between Two Parks

The new trail connecting Billy Goat Hill with Walter Haas Playground opened as planned during the last week of May—just in time for the Memorial Day weekend.

The improved Recreation and Park Department trail, which replaces an informal “social” trail, is a pleasant connection between the Beacon Street side of Billy Goat Hill and the Walter Haas Playground at Addison Street and Diamond Heights Boulevard. It also offers sweeping views of Glen Park, Noe Valley and the city skyline.

The hillside trail was made possible by $147,000 in funding from the City’s Open Space Contingency Fund.

The concept of the trail improvement hasn’t been without its detractors, particularly among neighbors who say they have observed illegal camping, dumping and drug dealing in the vicinity of the former social trail, an informal pathway created by foot traffic. However, it is expected that the new trail, which is more accessible and inviting, will draw more visitors and discourage the illegal activities.

Neighbors also were concerned about privacy, so buffer zones were put into the plan to address that issue, and also to reduce the possibility of erosion.

The former social trail will be covered naturally with African ivy within a year or so. The new trail is expected to last 50 years.

The trail meanders for about 560 feet in length, comprising 82 percent earthen surface; the remainder is made up of steps constructed at both ends and at two switchbacks in the middle to reduce the steep grade. The new trail was designed to have the least possible impact on the natural environment.

Natasha Murphy | 415.310.1341
Natasha@NatashaMurphy.com
www.NatashaMurphy.com
License #01866771
Help our native bees survive! We need them—they are master pollinators and they are in our Glen Park gardens right now, pollinating your favorite plants.

We all know there is sex in the garden. Flower stamens produce pollen, which must end up fertilizing flower ovaries that produce seeds and/or fruits. The transfer of pollen can be carried out by bees, beetles, wasps, ants, bats, flies, birds and even humans. We all know about the European honeybee. However, right under our noses there are literally hundreds of native California bees that also can ensure the survival of food crops and native flora.

Picture a large bumblebee, one of my favorite California native bees. The huge bee lands on the flower to sip and gather nectar, and in doing so the pollen is rubbed onto its legs and belly. The next plant benefits as the pollen is transferred to the ovary via the bee. Voila—time to make seeds and fruits!

You can spot these bees with saddle bags of bright pollen. Each plant they visit gets a touch of this richness. Pollen can be many colors—even a deep blue from the California native plant Phacelia tanacetifolia, or blue tansy. The bee uses the pollen and the nectar for food and reproduction.

There are more than 2,000 species of native California bees, including 26 bumblebees. They are tricky to identify, but basically a bee has two compound eyes on either side of its head, with two or three smaller eyes above that, and two long antennae on its head. Flies have two huge compound eyes and short antennae.

Native bees are often solitary. Some live in small groups, but not in large hives. They are not colonized by Africanized honey bees, as they are not honey bees. Native bees dig burrows in the ground, use an empty beetle burrow, or find a convenient gap in a piece of wood for a nest.

But these wonderful insects are threatened with loss of habitat, or by chemical use and disease. The numbers of native bees are declining—we are losing these excellent pollinators.

What is to be done? Make a bee habitat! The most important thing is to provide native flowering plants, perhaps starting with a 4-by-4-foot patch crowded with your favorites. Use plants with varied bloom times so the bees always have food. Provide a source of water, such as a small muddy patch under a fountain. Keep a bare patch of undisturbed ground for the burrowing bees. Make or buy a bee condo—a piece of wood with small holes (3/32 to 3/8 of an inch) drilled about 2 inches deep and hung in a sunny place. Leave a pile of branches in the garden for nesting.

Which plants? Bees like purple, blue, white and yellow flowers. Here are just a few of the possibilities: cow parsley, monardella species, eriogonum, lupines, mimulus, salvias, poppies, ribes, deerweed (Acmispon glaber), yarrow, penstemons, erigeron, phacelia, salvias, coreopsis, dicerenta.

Local nurseries can help you put together a group of native plants to get started. Then check out these resources for suggestions:

- California Bees and Blooms: A Guide for Gardeners and Naturalists, by Gordon W. Frankie, Robbin W. Thorp, Rollin E. Coville and Barbara Erter
- The Bee-Friendly Garden: Design an Abundant, Flower-Filled Yard that Nurtures Bees and Supports Biodiversity, by Kate Frey and Gretchen LeBuhn
- www.greatsunflower.org – Print out the informative bee cards and join the project!
- www.berkeleybee.org – The UC Berkeley Urban Bee Lab website
- www.xerces.org – The Xerces Society, an invertebrate conservation organization, has information on conservation, plant lists
- www.mountainwatch.org – San Bruno Mountain Watch’s Mission Blue Nursery holds regular sales of native plants
- Bay Natives Nursery, 10 Cargo Way, San Francisco; 415-287-6755
- Yerba Buena Nursery, 12511 San Mateo Rd., Half Moon Bay; 650-851-1668

Kay Hamilton Estey is the Glen Park Garden Club columnist. If you are interested in joining the club, contact her at kay.esty@gmail.com.
Local Businesses Promote Healthy Living

G

ood health is not simply the absence of disease. It is a state of well-being that actually requires participation in various practices that produce true radiant health. I know this from experience as a practitioner working in the healing arts.

Are you looking for ways to improve your health? Do you need a new family doctor, help with your diet, or a place to practice yoga? Well, look no further than Glen Park!

Our neighborhood has been in the business of health for quite some time and it looks like the trend is gaining momentum. There are numerous businesses in our quaint village that focus on personal health and wellness—some quite established, others very new.

There’s something for everyone, and it seems we have just about every healthy habit covered—from holistic family medicine and modern-day Pilates to the most ancient form of meditation.

Even if you’re not so health conscious, it’s good to know the myriad options should the need arise to improve the state of your health.

Here is a comprehensive list and brief descriptions of the many health-related businesses right here in Glen Park.

Christopher Brown, D.O.

Dr. Brown is an osteopathic physician who offers traditional osteopathic care to Bay Area patients, from newborns to adults. Treatments are individualized to each patient, involving osteopathy in the cranial field and other approaches. His private practice is at 661 Chenery St. Contact: 510-526-5256 or christopherbrownmd.com.

Centered Body Pilates

This Pilates studio teaches private lessons and small classes. Studio owner Avenne McBride is very dedicated to the practice of Pilates and takes great care to maintain a supportive environment, focusing on individual attention and education. A beautiful, clean, simple space with no mirrors, located at 652 Chenery St. Contact: centeredbody.com

Thomas Cowan, M.D.

Dr. Cowan has been in private practice as a family doctor for more than 25 years, and focuses mainly on a holistic approach to heal the body. He sees adults and children of all ages for everything from ear infections and digestive disorders to heart disease and cancer. His practice is at 661 Chenery St. Contact: fourfoldhealing.com.

East-West Integrative Medicine

East-West offers acupuncture and other healing therapies. Clinic founder Marnie McCurdy is a licensed practitioner of Traditional Chinese Medicine and Acupuncture. Her sizable team of highly trained practitioners provides consultations and treatments in a safe, comfortable environment at 605 Chenery St. Contact: eastwestsf.com.

FitGLENFit

This fitness facility, established by husband and wife team Dean and Jeanne Eriksen, is focused on making exercise and fitness convenient and enjoyable, noting that if your gym is within close proximity to your home you are more likely to use it on a regular basis. They offer personal training and a wide variety of fitness classes. Located at 666 Chenery St. Contact: fitglenfit.com

Sol Gym

This well-established gym, owned by Mike Chaplin, takes pride in providing a clean, intimate environment where clients don’t have to wait in line to use equipment. They offer classes, personal training, surfing and paddle board lessons. Several personal trainers fit a variety of specific needs. Located at 2838 Diamond St. Contact: solgym.com.

Sun Porch Yoga

This yoga studio is on the second level of FitGLENFit, and was converted from an original sun porch. It offers a beautiful, peaceful setting and small classes limited to 10 people. Classes cover a wide range of abilities and styles. Located at 666 Chenery St. Contact: fitlocalfit.com/sunporch-yoga.

Sunrise Health & Fitness

This business, owned by Julie and Michael Halatyn, is new to the neighborhood. It offers one-on-one fitness and sports nutrition consulting, and takes a holistic approach to improving health for their clients. Located at 732A Chenery St. Contact: sunrisehealthandfitness.com.

Vedic Path Meditation

James Brown teaches the ancient practice of Vedic Meditation and has dedicated the last several years of his life to learning and teaching this unique form of meditation. He lived in India for four months learning from a master. He offers a free introduction class every few weeks, and also holds group meditations for those who have taken his course. The intro class and group meditations are held on Sundays at the Centered Body Pilates studio located at 652 Chenery St. Contact: vedicpathmeditation.com

Glen Park Chiropractic

Chiropractor Dr. Andrew Sokolsky, D.C. specializes in Activator Chiropractic and auto accident injury. He is dedicated to making the experience of chiropractic care easy and comfortable and is happy answering questions and helping with insurance forms. Located at 2 Monterey Blvd. Contact glenparkchiropractic.com.

Hennie Sholars, D.O.

Dr. Sholars is experienced in numerous diagnostic and manipulative modalities, including cranial osteopathy. She is dedicated to helping people recover from injuries and to improving overall health. Her private practice is at 151 Chenery St. Contact: henniesholars.com.

San Francisco Nutritional Therapy

This private nutritional therapy practice focuses on overall health and well-being, with an emphasis on gastrointestinal health, autoimmune conditions, weight management and G.A.P.S. diet. Owner Ashley Hathaway is a certified Nutritional Therapy Practitioner who offers consultations for individuals, families and businesses. Located at 661 Chenery St. Contact: sfnutritionaltherapy.com.

Editors’ Note: Writer Ashley Hathaway lives in Glen Park and is a regular contributor to the Glen Park News. She owns San Francisco Nutritional Therapy, listed above. We are pleased to share information about our neighborhood businesses with our readers. However, we have not researched or verified certifications and licenses of the practitioners highlighted in this story.
Necropsy Determines that Glen Canyon near the Bosworth Street entrance to Glen Canyon Park by a preschool teacher on an outing with her students. She notified a Recreation and Park Department gardener who was working nearby.

The gardener conferred with her Natural Areas Program supervisor, and arrangements were made to transfer the body to the California Department of Fish and Wildlife.

By March 23 Fish and Wildlife had issued a preliminary report. A necropsy showed the death was consistent with anticoagulant rodenticide toxicity “with subcutaneous bleeding in the wing and bruising of the chest and abdomen.”

On April 19, with final confirming laboratory tests still pending, Stella McMillin, a senior Fish and Wildlife environmental scientist added details.

“The rodenticides that were detected in the owl, brodifacoum and difethialone, are second-generation anticoagulants,” she said by email.

The final lab report, issued on May 5, confirmed the cause of death.

Rodent control is necessary
Mice and rats pose significant economic and health risks, according to the California Department of Pesticide Regulation. They directly spread 11 diseases and indirectly 15. They damage homes, contaminate food in stores and restaurants, and do significant harm to crops. Because of that, California considers controlling them a priority.

That said, protecting wildlife is also a priority, and the state has attempted to balance the needs of both animal and human populations.

Rodenticides come in three types: first-generation, second-generation and non-coagulant. First-generation rodenticides are available for sale to individuals, but can require multiple feedings to kill mice and rats.

In the 1970s, Norway rats, roof rats and mice began to develop resistance to these poisons. That led to the development of second-generation rodenticides. These are more effective because they require only a single feeding, and no resistance has been reported. However, the poisons have longer half-lives and can be more toxic to birds and mammals.

Because of that, in 2014 the state designated them as restricted, and they only can be used by licensed exterminators. Nationally, the Environmental Protection Agency placed similar restrictions on the use of second-generation rodenticides in 2015.

Dr. Richard Geller, medical director of the California Poison Control System, said that uncontrolled rodent populations can be a serious public health issue in urban settings. “Rat populations can explode, multiplying incredibly fast,” he said.

Compared to “hideously toxic” first-generation rat poisons, such as strychnine and arsenic, he said, “brodifacoum is remarkably safer.”

Legions of rats left unchecked, in other words, would presumably overrun the capacity of San Francisco’s Department of Public Health to thwart them, and the few owls and hawks populating such natural areas as Glen Canyon might mount a good fight but lose the battle.

“It’s a trade-off between human safety and modern environmentalism,” said Geller, who acknowledged sympathy about the plight of the canyon owl.

Birds of prey, such as owls, hawks and eagles that feed on rodents, are at risk from secondary poisoning due to rodenticides. The Department of Fish and Wildlife attributes hundreds of such deaths to rodenticides each year.

Nevertheless, such occurrences are infrequent in San Francisco, said Joey Kahn, Rec and Park spokesperson.

“When something like this happens we investigate the situation in connection with San Francisco Animal Care & Control and California Department of Fish and Wildlife.”

The public can help
It’s likely the owl in question ate a poisoned rodent relatively close by—possibly from a tamper-proof box found near a commercial business, such as a grocery store—because her species tends to stay near their nests.

“Great horned owls are territorial and reside and return to certain areas,” said Rogers.

“They don’t migrate like other owls. When chicks get old enough to fledge, they eventually move away.”

Local residents can make choices that minimize the potential threat to local wildlife.

Fish and Wildlife’s Stella McMillin suggests homeowners and businesses can make choices that minimize potential threats to wildlife.

“If residents would like to safeguard owls and other predatory and scavenging wildlife, such as red-tailed hawks and coyotes, they should ensure they are not using second-generation anticoagulants.”

“Secondary poisoning of predators is a world-wide problem,” said Krysta Rogers, a senior environmental scientist and avian specialist employed by Fish and Wildlife at its Wildlife Investigations Laboratory. “Anytime we can get the word out to the public, it is important.”

This is the second owl death due to rodenticide ingestion in Glen Park in four years. In November 2012 officials performed a necropsy on another owl, whose death was also attributed to rodenticide.
Owl Died from Ingesting Rodent Poison

any pest-control business they hire is not using second-generation anticoagulants," she said.

"Sanitation and exclusion are the best ways to control rodents. Take away anything that might attract them—pet food, seeds accumulating around bird feeders, fallen fruit—and then make sure all entry points to homes are sealed to prevent rodents from entering," she said.

The City’s Department of the Environment works to educate the public, encouraging people to use alternatives to rid neighborhoods of rodents.

In its Don’t Take the Bait campaign in 2011, the department asked 130 stores to remove the less lethal first-generation products from their shelves. “One hundred stores pledged to do so,” the department’s head of safe pest management, Chris Gieger, told the Glen Park News in an email.

Others encourage residents to make safe habitats for raptors, which help keep down rodent population.

Lisa Owens Viani, a writer in Berkeley, founded an organization called Raptors Are the Solution, dedicated to educating the public about secondary poisoning of owls, hawks and falcons.

“It is my belief that people should be given choices, and there are other solutions to the rodent problem,” she said. “Raptors can’t do it alone, but if most people knew what secondary rodenticides, such as brodifacoum, do to raptors, they’d think twice and make the correct decisions.”

Keeping trash down and areas clear are key to reducing rodent infestations.

“We’re a messy species,” Owens Viani said. “Garbage and food on the street result in rodents, so proper sanitation is one of only several strategies.

“But if we have to rid ourselves of rats,” she added emphatically, “then we should use snap traps.” She cautioned that such traps must be set carefully: “They must be put in places, usually inside something, where other animals, such as songbirds, cannot be caught in them.”

Richard Craib, who has lived on Turquoise Way for 52 years and whose Diamond Heights backyard abuts Glen Canyon, took matters into his own hands some years ago. He built a number of barn owl boxes, placing each on the eastern slopes of Glen Canyon adjacent to Crags Court and Berkeley Way.

“I’d hear them hooting at night,” Craib, a member of Friends of Glen Canyon Park, said of the smaller owl species that shares the canyon with the great horned owls. “A barn owl can eat four or five mice a night.”

In fact, barn owls have prodigious appetites. A single barn owl, smaller than the great horned owl, can consume 3,000 rodents in a four-month period, nature’s efficacious alternative to indiscriminate killing by second-generation rodenticides.

For additional information:
goo.gl/rkwPnu
www.hungryowl.org
www.raptorsarethetrosolution.org

The great horned owl chicks in their eucalyptus nest, top, and an owl exploring other parts of the canyon, above. Photos courtesy of Janet Kessler
Glen Park Resident Gives Prisoners a Voice on Air

Three days a week, Carole Seligman leaves her comfortable Glen Park home to go listen to the stories of some of the unhappiest people in America. Her destination is a Mission District office that is home to Prison Radio, a nonprofit dedicated to the plight of the imprisoned. About 30 or so prisoners around the country phone in sporadically, usually six or eight per week. Seligman “cleans up the recordings” and sends them on to radio stations around the country that have agreed to broadcast these narratives. Locally, the recordings can be heard on KPFA, 94.1 FM.

Common complaints include solitary confinement, untreated health issues and life sentences imposed on juveniles—all topics that have become higher profile in recent years because of public debates on sentencing reforms and the Black Lives Matter movement. Seligman became active in the prisoner rights movement through the case of Mumia Abu-Jamal, who has been jailed since the early 1980s after he was convicted of killing a Philadelphia policeman, Daniel Faulkner. The prisoner’s supporters long have protested his innocence, and his sentence of death has been commuted to life without parole. In prison, Abu-Jamal has become a prolific jailhouse print and radio journalist, and is a regular contributor to Prison Radio.

More recently, Seligman has taken up the case of Kevin Cooper, a gifted artist who has been on death row in San Quentin since he was convicted of four murders in Southern California more than three decades ago. Numerous issues alleging his innocence and investigative irregularities by the police and prosecution have been raised in Cooper’s defense, so far unsuccessfully. On March 14, Paulette Brown, president of the American Bar Association, wrote to Gov. Jerry Brown citing numerous irregularities in the case and requesting an executive reprieve on his death penalty sentence “so that there can be an investigation to fully evaluate his guilt or innocence.”

Seligman’s work with prisoners has taken up more of her time since she retired in 2011 as a teacher—kindergarten and third grade—from Sunshine Gardens Elementary School in South San Francisco. She grew up in Westport, Conn., and spent two years at Boston University before moving to Southern California in 1968 and then to San Francisco in 1971. Eventually, she earned a college degree at San Francisco State.

Activism has always been part of the mix. She participated in the anti-Vietnam War movement, and the prisoner advocacy work sprang from her work against the death penalty. At one point, she escorted women going to abortion clinics through lines of protesters. In addition to her prison work, she also contributes to Socialist Viewpoint magazine.

At the radio studio in the Mission (there is another office on the East Coast), Seligman’s title is office manager, which means anything and everything: recording prisoners who phone in, preparing the recordings for broadcast, acting as liaison with those who want to contribute, clerical work—whatever needs doing.

Each broadcast lasts just “a couple of minutes,” she says, a format aimed at what radio stations will broadcast. Abu-Jamal is the most frequent contributor, but not the only one. Among the recent calls, she said, was one from a prisoner in Pelican Bay, the maximum-security state prison near Crescent City, who had been on a hunger strike protesting conditions there. There are a few women, too, including one from Alabama and a couple more from the California women’s prison at Chowchilla.

Seligman and her husband, Bob Davis, a retired high school English teacher and a one-time leftist activist-turned-novelist (see Glen Park News, Autumn 2009), have three adult children, who grew up in their Whitney Street home. Now she takes an almost familial interest in the inmates who see her as a link to the world outside. She writes to several, and helps get articles published. “One guy just wrote to me and called me ‘big sister,’” she said.

For more information on Prison Radio, see www.prisonradio.org.
The spring 2016 meeting of the Glen Park Association was dominated by two issues affecting the entire city as well as Glen Park—Proposition B, a parks and recreation funding measure on the June 7 ballot (which won), and BART. Both were discussed in the usual sticky terms of money and maintenance.

Here's a summary of the items addressed at the meeting.

**2016 GPA Grant Program Awards:**
GPA president Michael Rice announced three $1,500 awards for projects that benefit the neighborhood and its residents:
- Rebuild of the Surrey Steps: Two years ago, Friends of Penny Lane, a group of volunteers led by local architect Adam King, built retaining walls and a stairway and planted vegetation along the footpath connecting Surrey Street and Penny Lane. The path was dismantled at the beginning of this year so the City could repair a break in a sewer line between Surrey and Sussex streets. This GPA grant, along with funds from the Parks Alliance, will help put Penny Lane back together again.
- iPads and other hardware for special-needs programs at Sunnyside Elementary School: Principal Renee Marcy and PTA President Cynthia Payne noted the incredible progress Sunnyside Elementary has made with students with moderate to severe disabilities, including autism, special physical needs, and communication problems. The iPads are revolutionizing education for these kids, with the use of special apps. They also are providing motivation and structure for learning and making it fun too.
- The third award went to The San Francisco Mime Troupe, which will give a free performance in Glen Canyon Park, scheduled for Aug. 13.

**Rec and Park Update:**
Renovation of the Glen Canyon Rec Center is on track for completion in Spring 2017. Crews are working on the foundation for the new wing and reinforcing the gym foundation. Scaffolding will be going up to redo the stucco exterior.

Plans for the Sussex Street steps from Elk Street into the park are still in the decision phase. Work should begin after this summer.

A concern was raised that the gate at the Bosworth Street entrance should be closed and monitored during construction. The danger of speeding construction vehicles within the park also was noted. These issues will be followed up.

**Proposition B Presentation:**
Proposition B on the June 7 ballot (approved by voters) was a charter amendment intended to strengthen ongoing funding for rec and park maintenance.

Before presenting the details, Todd David of Noe Valley said why he supports the proposition: “I have three kids in public school, and one of the last things families can do in San Francisco at a reasonable price is the eight weeks of summer camp funded by Rec and Park.”

The department is unbelievably underfunded: There is currently $1 billion in deferred maintenance, and severe staffing shortages of gardeners and others, dating back to Proposition 13 cuts in the 1970s. Prop B is about creating sustainable and predictable funding. (The renovation of our rec center comes from bond funds, which only can be used for capital projects.)

Fifteen years ago the Open Space Fund was a mandate that Rec and Park receive 2.1 percent of the City’s general fund. Today, that figure is literally reversed, to 1.2 percent. Prop B attempts to right size that to a degree, by bringing the mandate to 1.5 percent ($64 million a year), and having it grow steadily as the budget grows.

Strikingly, last year 99 percent of Rec and Park maintenance was done on an emergency basis; 1 percent was done on a scheduled plan. The investment in capital projects without enough funds for maintenance means we don’t get the full life out of our projects. Instead of lasting for 50 years, they might last for 20.

**BART Update:**
Veronica Bell, a consultant for BART, gave an update on BART’s current goals and priorities. All told, BART needs $9.6 billion to fund current and future needs. A $3.5 billion plan is being unveiled for a fall ballot measure. Another $1.3 billion would come from federal and state funds and around $4.9 billion from programmed funding. There are three areas of major focus:

- Safety and reliability: Again, maintenance, or the lack thereof, is a big issue. Examples are water damage in tunnels, safety of the tracks, corrosion of power conduits, and outdated power and control systems, all of which cause delays in service. The infrastructure and technology is very old, and the physical parts are unique and some are irreplaceable.
- Relieving traffic on freeways: Outdated train cars need to be upgraded. BART has 775 cars on order for 2017. That will allow a 30 percent increase in the number of trains running through the Transbay Tube during peak hours, resulting in 8,500 fewer private automobiles on the Bay Bridge, and 7,500 cars off the roads. BART was built for capacity of the 1960s and 1970s and the escalating ridership is straining the system. BART needs to prepare for 9.6 percent growth.
- Better stations for everyone: This includes enhanced station access for those with or without disabilities; elevator and escalator improvements; and more bike storage. The latest survey shows a significant increase in BART riders getting to stations by bike.

The bond needs a 2/3 vote to pass in the three counties it serves: San Francisco, Alameda, and Contra Costa. An independent oversight committee would be responsible for monitoring the program.

Tim Chan, the station planner for the stations between Daly City and Powell Street, addressed the local situation at the Glen Park station. No plans for development of the BART parking lot on Bosworth Street are on the drawing board for the near future.

However, the lot will be used for construction staging and we will have seven possible weekend closures of Glen Park BART between July and October. Crews will be working on the rails and problematic track curves between Daly City and Glen Park. There will be a media blast several weeks in advance when the schedule is set.

In terms of upgrading the station, Glen Park is “last in line.” For any improvements, advocacy and searching for funding sources will be necessary. Sorely needed in the station is redundancy of elevators and escalators, so that access will be uninterrupted when something breaks down.

The Daly City line will be extended to Warm Springs in Fremont, without any change to Glen Park.

**Transit Changes:**
The 35 Eureka Muni route has been extended to connect with the Glen Park BART station. It will run more frequently during commute times. (See https://www.sfmta.com/about-sfmta/blog/muni-forward-details-upcoming-changes-routes-28r-18-35.)

All-night Owl service has launched on portions of the 44 O’Shaughnessy line. (See https://www.sfmta.com/projects-planning/projects/new-44-and-48-owl-routes)

**Private Shuttles:**
The Municipal Transportation Agency is no longer letting shuttles use the Glen Park BART Station and has decreased the number of stops throughout the city. Shuttles can use only arterial streets.

---

**Photo by Isabel Gordon**

The GPA awarded a grant to help rebuild the Surrey Street Steps after a sewer repair.
Cancer Support Group Builds Cameradie And Beautifies a Neighborhood Park

On the anniversary of the death of Jane Bresnick, who died of cancer seven years ago at age 45, four of her friends from across the city gathered in her memory at a postage-stamp park on a hilltop between Glen Park and the Sunnyside neighborhood, to pull weeds.

The March 26 work party included Ann Kim, from the Inner Richmond; Kelsey Crowe, from Bernal Heights; Denise Garone, from the Mission; and Christine Carswell, from Noe Valley. As Kim put it, “What better way to memorialize her?” Bresnick was an avid gardener.

The Saturday work party at Dorothy W. Erskine Park, at the top of Martha Avenue, was a partnership of Bay Area Young Survivors (BAYS) and San Francisco Recreation and Park’s Natural Areas Program (NAP).

BAYS is a support group of some 400 individuals who have had cancer, and who have seen 35 of their sisterhood succumb since 2004.

Volunteers have planted habitat-friendly California native shrubs on the southern slope of the park, named for Erskine, an early San Francisco environmentalist. The hillside is now blanketed with California sage, monkey flowers, morning glories, hummingbird sage and buckwheat.

Christopher Campbell, a 20-year veteran of Rec and Park, greeted the women and their grade-school children. Shelly Arnold, another NAP gardener, stood beside Campbell as he announced the day’s project. “We’re going after the oxalis,” he said.

As anyone with a garden in Glen Park knows, oxalis is a fast-growing interloper; it is capable of smothering the hummock of bushes and plants that dot the hill’s sunny south side. Campbell leaned over and demonstrated, uprooting the weed that had gone to flower. He held it up for inspection. Its blossoms were yellow, deceptively pretty, surrounded by shamrock-shaped leaves.

The group of a dozen or so divided up. Some walked up the incline, others moved closer to the street. Ella, a neighborly cat, joined one group attacking the weeds, which were easy to pull since recent rains had left the soil moist.

Taking a break from their chore, the four friends remembered Bresnick, who taught at Jefferson Elementary School in the Sunset District. Ann Kim is a BAYS officer; Denise Garone went to high school with Bresnick in Westchester, N.Y., and followed her to San Francisco, several months before the 1989 Loma Prieta earthquake.

“She loved modern dance,” recalled Garone. Bresnick, who earned her teaching credential at USF, “was a world traveler and a great photographer. She was petite, and on one of her trips she fell down. Her backpack was bigger than she was,” Kim said.

“We sat at her bedside when she was admitted to the ICU,” said Kim. “We held her hand until her family could arrive. After Jane passed, one of the nurses told us she’d never witnessed such a demonstration of friendship.”

BAYS is interested in placing a memorial garden at Erskine Park, a contemplative place where survivors can reflect and remember. Rec and Park is receptive. Planning is still in its early stages, and BAYS must raise funds. A design has not been settled, although a landscape architect has been retained. Disability access could be an issue—the steep path leading to the proposed site corkscrews up the hill.

“At the moment, we simply want to show the neighborhood community that we come here periodically and beautify the park,” said Kelsey Crowe, who had joined the other women.

When Campbell began to pack up for departure, Crowe moved toward Kim and said, almost inaudibly, “Thanks for bringing Jane’s spirit here.”

Dorothy Erskine Park is at the east end of Martha Avenue, above the houses on the 1100 block of Bosworth Street.

From the corner of Glen Canyon Park, at the intersection of Bosworth, Elk and Congo streets, walk up Congo, then left on Martha. From Sunnyside, walk up from Baden Street and Mangels Avenue.

Rec and Park and BAYS have scheduled Dorothy Erskine Park work parties on Sept. 9, Nov. 19 and Dec. 17. Volunteers are welcome. For more information about BAYS, go to www.baysnet.org.
Life as a Volunteer Glen Park News Paperboy

When I was 12, I delivered the San Francisco Call Bulletin to Bobo Olson, the world middleweight boxing champion. After Lawton Elementary let out, I’d bicycle along 34th Avenue between Judah and Kirkham and toss a Call “hatchet fold” onto his stoop.

I thought about that as I looked across the table at 12-year-old Quinn Armentrout and his mother, Reva Bhatia, as we sat at Tyger’s Café at Diamond and Chenery streets. Quinn is the youngest Glen Park News paper carrier. He’d recently completed delivering his route for the second time, and I wanted to meet and thank him.

Quinn’s a volunteer, as are the 25 other carriers who help distribute 3,900 copies of our neighborhood newspaper four times a year.

“Quinn talked with Rebecca when she delivered her route,” explained Reva, “and he offered to sub if she ever needed one.” Rebecca Murray-Metzger lives in the Sunnyside, around the corner from Quinn, a seventh grader.

“It’s not daunting,” he said. “I knew I could do it.” He had an off-handed, boyish insouciance. Behind owlish glasses, his eyes glowed bright and alert.

“What’s your favorite subject in school?” I asked.

“Philosophy and math.”

I could deal with math. Philosophy was another matter.

“Quinn’s a voracious reader,” said Reva, the daughter of immigrants from India who was born in Pittsburgh, Pa., and raised in Houston. “In his humanities class, his teacher uses Socratic seminars and discusses essential questions such as, ‘How to do the right thing?’

“We read Much Ado About Nothing,” Quinn added.

“What sort of other fiction do you read?” I asked, wanting to keep the ball rolling.

“Wonder,” he replied.

“It’s by R.J. Palacio, and it’s about a boy Quinn’s age who lives on Manhattan’s Upper West Side and who is facially disfigured,” explained Reva. “His parents, who’d home schooled him, enroll him in middle school.”

“I like reading on our couch,” Quinn volunteered. “It’s solitary and I can ignore time.”

I could deal with ignoring time. Possibly Aristotle could, as well.


“Amazing?” I fished.

“I like browsing the used book section. Its has atmosphere and it feels brown.”

I tried wrapping my mind around brown. Yes, brown worked.

“It’s warm and friendly,” Quinn posited. “And I really like Sherman.” Sherman’s the bookstore cat.

“Do you read the Glen Park News?”

“It gives neighborhood news the Chronicle wouldn’t bother to print,” he said. “I can skim and switch articles. ‘Best of all,” he continued, “I can put it up to my face and hide behind it.”

Quinn’s Glen Park News paper route includes the hills of Surrey and Arbor streets, and actually “daunting” may be an understatement.

“I trailed him the first time,” said Reva.

“It’s was sort of embarrassing,” Quinn whispered under his breath.

“He enjoys the challenge,” said Reva, “and I think this experience will teach him about responsibility and independence.”

Quinn has 80 “customers.” He gets his bundle delivered to his doorstep (by me). My instructions are simple: No hatchet folds, or putting papers into mailboxes (which is against the law). Deliver only in the sunshine, place each paper on a step away from any wind, and if you have any copies left over, leave them in one of the village shops.

“You have to like walking,” Quinn said.

I like walking, which is why I kept delivering the Glen Park News even after I took on the job of distribution manager three years ago. My route takes me along Chenery for a block, both sides of Arlington and then back up Roanoak.

I know it’ll take Quinn some time, but, as I once did, he’ll acquire a skill that will never abandon him. He’ll stand in front of a house and pull a newspaper from his bag. He’ll study the angle from street to doorstep. He’ll twist his arm and release a parabola, and then he’ll watch the paper sail high over the steps. The Glen Park News will land in a perfect rectangle, plumb with the front door, not one page unfurling.

And if he’s lucky, he’ll see the house’s occupant, assuredly not Bobo Olson, open the door, bend down and collect the best neighborhood newspaper in San Francisco.

Quinn Armentrout delivering the Glen Park News. Photo Courtesy of Reva Bhatia
Hardware Store Owners Hanging It Up

CONTINUED FROM PAGE 1

nomenon for the San Francisco groom.

Then they settled in the west. Hal was student-teaching at his high school alma mater and hoping for a job as a history teacher there, which “never panned out.” So he became a substitute teacher, sometimes working as far away as Half Moon Bay. In all, he spent seven years in temporary posts.

Susan was teaching Hebrew part-time at Brandeis Hillel Day School, earning a “modest” salary. “In those days, you could live on a modest salary,” she said wistfully. They pooled their savings and bought their house in Glen Park in 1972. They eventually had two daughters, Robin, an accomplished artist whose hand-painted notecards are for sale in the shop, and Melissa, who works at Guide Dogs for the Blind in Marin County.

The late ’70s was a difficult economic time in California. Proposition 13 threw public school budgets into uncertainty. Inflation was in the high teens. Teaching careers looked more and more insecure. “We were thinking of what else to do,” Susan said.

They considered shops—a gift shop, a store selling leather motorcycle jackets—but nothing was right. Then, Hal said, “Dad saw an ad in the Chronicle.” That was how hardware came into their lives, even though, as Hal put it, “I’m not handy.”

The previous owner was Ed Josephson, who was retiring at age 65. “By the time we came along, he was really ready to sell, and we were looking for something else to do,” Susan said. The year was 1978, and Robin, their older daughter, was a year old.

Hal picked up the story from there: “I worked for free for Ed that summer” in an on-the-job tutorial in hardware merchandising. “Ed did give me the appreciation of customers coming in. I learned about his buying habits.

“I didn’t know much about the trades,” he added. “I didn’t know how to put things together.”

Susan worked part-time, while Hal toughed it out all day in the shop. “It was a lot of work,” she noted. Hal quickly interrupted: “It wasn’t as hard as it sounds.”

As they plunged in, they figured out what their customers needed—“What always sells is keys,” Susan said. They learned about the differing needs of professionals and do-it-your-selves, even kids trying to assemble the pieces for a science project.

“I can put together a plumbing network,” said Hal, the formerly not-handy hardware seller. “We get people what they need so they don’t have to come back to the store.”

“I enjoy mixing paint and making pretty colors,” said Susan. “I like doing windows.” Her favorite storefront presentation involved making fish and waves out of paper, “like a Japanese print.” Once, in a display on the best way to seal a deck, she featured an image of a sea lion on a San Francisco waterfront pier.

“Susie could do interior design,” Hal said fondly.

Hal, too, got to show a creative side. Every holiday season, he put a handmade menorah made of plumbing fittings in the window. “We got the best responses on that,” he said. He’s sold four of them, but keeps his favorite, made entirely of copper, in the dining room of their house.

Over time, they got to know their customers—not only plumbers, carpenters, electricians and other tradespeople, but also teachers, artists and musicians, middle class and working class, from many ethnicities. “This has always been a real heterogeneous neighborhood,” Hal said.

That appears to be changing, they both noted. “There are fewer people doing-it-yourself,” Susan said. Not as many teachers live in the neighborhood. Musicians and artists are thinner on the ground, and many of the craftspeople have moved or died, she said.

Although they hired part-time help when the kids were little, since then it has been just the two of them staffing the store six days a week, with occasional help from their daughter Robin. Over the decades, they managed to make a Glen Park life for themselves, raising and educating two kids while becoming a neighborhood mainstay.

The most recent recession was hard on their business, which never really bounced back, Hal said. In addition, they have no website, although they get fine reviews on Yelp—“We’re grateful for that,” he said. Their specialty is personal service: finding the right thing in the jumble of merchandise, helping the perplexed figure out how to fix problems, giving advice on what to buy and how to use it, suggesting things you hadn’t thought of, welcoming back repeat customers. Transactions are conducted with graciousness and good humor. You can’t match that online.

“This is a good time to call it quits,” said Hal.

Glen Park Hardware has been one of the very few small, sole-proprietor hardware stores remaining in San Francisco. The sale of the business is being handled by a broker. Susan said there have been inquiries, but no firm offers. If it doesn’t sell by the end of August, they will liquidate their inventory and turn the fate of the shop over to their landlady.

Then, for the last time, they will walk two short blocks to their house on Castro Street, and begin the next chapter of their lives.

In the narrow aisles of the packed-to-the-rafters store, the Taubers have learned to move around with a sort of well-rehearsed choreography as they pick items from shelves and dispense recommendations. That togetherness carries over into their private lives. They swim for exercise, and have taken up square dancing at a hall in the Outer Richmond.

Despite their six-day-a-week schedule—the shop is closed on Sundays—they volunteer at a food bank, a project of their synagogue, B’nai Emunah on Taraval Street. When they retire, there will be more time for volunteering.

Hal has projects around their house he’d like to get to. Susan wants to brush up on her “rusty” Hebrew. “Not a lot of Israelis walk into the store,” Hal noted, but if any do, “Susie talks to them.”

They’d like to travel—to the national parks, England and Greece for Hal, to Italy for Susan. Maybe back to Israel. Hal has plans to clean up their own house. And, he said, “We’ll do things in the afternoon. Maybe we’ll take in a matinee.”
The Diamond Heights neighborhood’s attributes include wonderful views, several parks, a shopping center, a fire station, streets that follow the topography of our hills and a mix of market-rate and affordable housing. Betsy Eddy, Diamond Heights is fortunate to have many units of affordable housing at a time when our housing crisis is pushing far too many people out of San Francisco. Its 662 units of affordable housing are subsidized by the federal Department of Housing and Urban Development and other programs. Though eligibility requirements may vary, most residents of rental units in the complexes described in this column have low incomes and pay 30 percent of that income in rent.

The units offer housing stability—if income goes up or down, rents can be adjusted so that tenants can stay in their homes. (Please note that none of the rental developments described below have vacancies. All have closed waiting lists.)

**Casa De Vida:** This development, completed in 1981, was the vision of the current owner, who wanted to establish low-income housing for mobility-challenged persons. The building has 21 units, including 14 units with wheelchair users, all built with accessible features.

There is a strong sense of community among the residents, who gather in the recreation room for holiday parties and to watch major sports events on the 60-inch TV.

Jim Stelly, administrator, says that on game days he distributes a paper notice to residents saying, “The Giants are playing tonight. Join us to see the game; we will provide the popcorn.” Jim, who is a board member of the Diamond Heights Community Association and of Resilient Diamond Heights, has made sure residents are prepared for major emergencies by providing each unit with a Go Bag containing emergency supplies for four or five days.

**Diamond View Apartments:** This pleasant row of townhouses, painted in shades of green, was completed in the early 1970s. Its 58 two- and three-bedroom units are a mixture of subsidized housing, consisting of Section 8 units, and market-rate rentals. The complex is a cooperative owned by the tenants.

Annie Shynebaugh, former property manager and current consultant, has lived in Diamond View since it was constructed. Her advocacy is responsible for the traffic-calming measures on Addison Street. Annie helps to create the quiet street environment by staying alert for resident safety.

**Glenridge Cooperative:** Completed in 1968, Glenridge was the first affordable housing development constructed for the first Redevelopment Agency Project in San Francisco. It has 275 units, with 209 units designated as Section 8. The units are spread over several blocks.

In 1970, parents from the development started the Glenridge Cooperative Nursery School, located in the Silver Tree Rec and Park building in Glen Canyon, although the organizations are no longer connected. Debora Greene, property manager, said, “I love the neighborhood, the affordable housing opportunities at Glenridge, and the residents that make all the hard work managing the property worthwhile.”

**Goldmine Hill Home Owners Association:** This development on Gold Mine Hill is spread out over seven acres and includes eight buildings with 204 condominiums, an enclosed pool, Jacuzzi and fitness center. Mara Hill is president of the association, while Al Glenn, on site manager, oversees day-to-day operations.

The complex has a lovely setting landscaped with lush greenery and many trees. The majority of the units have purchase and sale price limitations required by the Mayor’s Office on Housing and Community Development Below Market Rate Program. Occasionally a unit is offered for sale by that department, but most owners hold on to their condos long-term.

**Vista Del Monte:** Older persons, adults and families who reside in the 104 units use multiple subsidies including Section 8 and the Low Income Tax Housing Tax Credit Program. The Cesar Chavez Foundation owns the complex. Elizabeth Espinoza, customer services coordinator, works with residents to plan activities, events and celebrations, and hopes to revitalize the development’s work in the neighborhood. Vista Del Monte recognized the need for food assistance and started the weekly Food Pantry, which moved to St. Aidan’s Church 10 years ago.

Betsy Eddy is president of the Diamond Heights Community Association. Contact her at dbcasf@gmail.com.
Glen Park Elementary School

What a spring! Glen Park School knocked it out of the park these past few months.

Our students worked their tails off in the classroom while soaking up enrichment activities ranging from STEAM nights, to visits from the San Francisco Symphony, to a 32-act talent show. No senioritis here—those kids were giving it their all right up until the last day of school.

She'll be embarrassed that we're bragging about her, but we want to congratulate our high-fiving, slam-dunking, conflict-resolving, community-embracing principal Jean Robertson, who was named the SFUSD Elementary Principal of the Year by the Association of California School Administrators. She also won the San Francisco Mayor's Principal of the Year Award. Ms. Robertson's email signature reads, "Wholly committed in the relentless pursuit of whatever works in the life of a child," and she proves it every day. We're proud and delighted to have her at Glen Park.

Our key fund-raising events, the Rainbow Runathon and the Silent Auction, both handily exceeded their goals and, more importantly, brought our students, teachers and parents together to celebrate being Big Blue.

Thank you to everyone who ran, cheered, righted hurdles, handed out water, spray-painted t-shirts, and worked the Band-Aid station at our run. And much gratitude to the folks who hustled for auction items, designed the event space, poured cocktails, bid on items, and boogied down at our awesome auction.

These events are an important way for us to celebrate being together as a community while we build toward an even-brighter future for Glen Park School. The funds that were raised will go toward classroom support, enrichment programs, the fresh-snak program and outdoor education.

Onward to next year! The Glen Park PTO will host summer playdates for incoming kindergartners and their families. Playdates will take place from 11 a.m. - 1 p.m. at Glen Canyon Park Playground on June 18 and July 17, and from 2 - 5 p.m. on Aug. 6. There will also be a welcome event with the kindergarten teachers on Aug. 4. Details can be found on our website, listed below.

We're looking forward to starting the 2016-17 school year on Aug. 15. Meanwhile, happy summer, everyone!

Amy St. Clair DiLaura is the communications chair of the Glen Park Parent Teacher Organization. For updates on school events, see glenparkschool.org.

---

Sunnyside Elementary School

It seems like just a snap-of-the-fingers ago that the 2015-16 school year was getting started. Just like that it is done! How does time move so quickly? It must be because we are having so much fun at Sunnyside.

We kept busy with so many enjoyable events and so much learning this school year. One highlight from this term was our first three-day, two-night field trip for all of our fifth graders, to the Wolf Science School at Little Basin campground, part of Big Basin Redwoods State Park in the hills above Santa Cruz. They had an amazing experience being away from home and learning about science and nature and the value of fragile ecosystems.

Another amazing experience for our fifth graders was participating in the city- and state-wide history competition. Sunnyside fifth graders worked really hard on their research projects and took them to the City-Wide History Day. There they were examined by judges and asked questions about their projects. Six Sunnyside students were selected to move on to the state championship in Roseville. Big congratulations to Niraj Dhawliwal and Zachary Gilbert, who both competed in the individual category, and to Poppy Blatherwick, Abigail Upton, Darren San and Joseph Smith, who competed in the group category. They all did an amazing job and had an excellent experience.

Without the help of more than 50 business and institutional donors—far too many to name here—our students would not have nearly as much music, art, dance, math, science or PE as part of their education. From the bottom of our hearts, we thank them all.

Kerri Spruston is president of the Sunnyside Elementary School Parent-Teachers Association.

ST. JOHN CATHOLIC SCHOOL (K–8)
where community matters

offering traditional faith-based education while incorporating cutting edge technology

925 CHENERY STREET • SAN FRANCISCO, CA 94131
www.stjohnseagles.com 415.584.8383

Synergy School

• Grades K-8
• Small Classes
• Challenging Academics
• Tuition Assistance
• Multi-cultural
• Innovative Programs
• Extended Care

1387 Valencia Street
San Francisco, CA 94110
www.synergyschool.org
(415) 567-6177

Esalen
Bodyworker

Your Neighbor Since 1997

randygistrap.com  www.randygistrap.com
San Francisco Loses Native Son Al Vidal

He preferred Critter Fritters to chain pet stores because the dog treats are better, shopped at the local grocery store—whether it was the old Diamond Super or the new Canyon Market that replaced it. And, legend has it that he was the original Red Baron of Silver Tree Day Camp in Glen Canyon.

On March 15, San Francisco lost a native son, Al Vidal, a man who left his mark on the Glen Park and Diamond Heights neighborhoods, as well as on generations of children who attended schools in the city.

The story of a man’s life is perhaps told not by a list of accomplishments (of which he has many), but rather by the lives he touched, and on April 16, 250 admirers arrived at AT&T Park to pay their respects to a man who was their teacher, counselor, coach, principal, friend, husband and father.

Among the schools where he taught was Aptos Junior High, where he was principal in 1974. During this time, as told by friend and colleague Gary Attel, Vidal led a group of girls into the boys’ athletics assembly and peacefully protested girls being shut out of organized sports in the years before Title IX. He also gave the go-ahead for a girl to play on the boys’ basketball team because there was no time, as told by friend and colleague Eddie Chow, a Washington High student when Vidal was there, “Coach Vidal had a widespread effect at every school he taught at. Coach had great communication skills with the students, their parents, the teachers he worked with and who worked for him, and the entire San Francisco Unified District.”

Chow continued, “Coach Vidal transformed Washington High School in every way during his tenure.

One student at Washington was his daughter, Alison, who said, “I was fortunate to attend George Washington High School when he was principal, and to be able to spend every day with my dad was priceless during those years.”

His son Jeff said, “I was thinking of how a native San Franciscan had an impact on his city in a behind-the-scenes type of manner and that is what I think when I think of my dad. He lived right above Glen Park since 1967.”

According to Jeff, “There was a documentary done when my father was at Washington: The Kids at Washington High. It showed the changing environment from when he first got there and there were many troublesome issues, especially with gangs. My father helped create a safe environment, which is what all students truly need.”

In May, his service to the students was formally recognized when the Buildings, Grounds and Services Committee of the San Francisco School Board voted to name Washington High’s esplanade the Albert J. “Al” Vidal Esplanade. The area, which provides a sweeping view of the fog rolling in over the Golden Gate Bridge, was a favorite spot where Vidal greeted students every day during his years as principal, between 1981 and 1995. A final board vote is forthcoming, with a dedication ceremony planned for this fall when school resumes.

Jeff recently found a document of his father’s, a 1971 ecological review of Glen Canyon, detailing the ecosystem of native plants and animals. The dedication reads, “For the red-tailed hawk which still soars there, and for the children who wish him well.”

“The way the hawk watches over our canyon,” said Jeff, “is the way my father watched over our family, students and the players he coached—with a watchful eye.”

Al Vidal is survived by his wife of 56 years, Lorraine; son Craig and daughter-in-law Laurie; son Jeff and daughter-in-law Debbie; daughter Alison and son-in-law Steve; and grandchildren Alexander, Christina and Alyssa.
A question that almost always comes up when clients go to sell their home is: “What will I have to pay in taxes when the house sells?”

Before we get into that, here is the market update.

Activity this spring was a little slower this quarter than last. Between Feb. 11 and May 17, we had a total of 12 sales in Glen Park. That’s 33 percent fewer than last quarter, which is surprising considering there is more inventory this year than there was last year at this time. Of this spring’s sales, 10 were single-family homes, one was a condominium and one was a two-unit building. The average sale price for single-family homes was $1,485,873, which is up about 2 percent from last quarter.

Interestingly, the average sale price was about 18 percent over the list price. You'll see that everything sold over asking, with the average days on market at only 19. During this time, the median list price in Glen Park was $1,145,000, with the median sale being $1,447,500—which is up a whopping 10 percent from last quarter.

Of course, one quarter doesn’t tell the whole story, but it does suggest that prices are still on the rise.

As I mentioned earlier, citywide there is about 38 percent more inventory that there was last year at this time. That is considerable. Also citywide, we are definitely seeing a bit of a cooling off in the luxury market—properties over $2 million. But as we can see by the numbers, this is still a very hot market.

Capital Gains

So what are capital gains taxes?

At one time, if you sold your home, you’d have to pay taxes on any profit, which is called capital gains. If you live in San Francisco, that could be a hefty sum.

For most folks, the only alternative was to buy a more expensive home. But if you wanted to cash out for retirement, or downsize, you ended up writing a big check to the IRS.

In 1997, Congress passed the Taxpayer Relief Act, which included a capital gains exclusion for people selling their homes. That law allows you to sell your primary residence and exempt up to $250,000 of the sale proceeds from capital gains taxes. If you are a married couple, the exclusion is $500,000. The only requirement is that you must have lived in your home for at least two of the five years before you sell it.

Over time, the law has been modified to help homeowners who needed to sell their homes before that time period, because of changes in employment, health, marital status or other unforeseen circumstances.

In San Francisco, depending on when you purchased your house, you could easily realize more than $500,000 in profit from your home sale. Depending on where you are in the city, if you bought in the ‘90s or before, you could be looking at more than $1 million in profit.

Calculating gains is not as simple as the sale price minus the purchase price. Your gain is actually your home’s selling price, minus deductible closing costs, selling costs and your tax basis in the property. (Your basis is the original purchase price, plus purchase expenses, plus the cost of capital improvements, minus any depreciation and minus any casualty losses or insurance payments.)

Deductible closing costs include points or prepaid interest on your mortgage and your share of the pro-rated property taxes.

Examples of selling costs include real estate broker's commissions, title insurance, legal fees, advertising costs, administrative costs, escrow fees and inspection fees.

Let’s look at an example:

You and your spouse bought a house for $350,000 back in 1995 and just sold it for $1.5 million, but over the years you added $150,000 in home improvements, spent $50,000 fixing the place up for the sale, and paid the real estate brokers $75,000. That leaves $875,000 minus your capital gains exclusion of $500,000, so you would owe capital gains on $375,000. This is a very simple example.

What I always tell clients is that they should speak to their CPA or tax preparer to get the most accurate information. Many factors go into figuring capital gains, and you really need a professional to advise you. Too often sellers don’t think about this until the sale is complete. Remember, we Realtors are not tax specialists.

How much has the capital gains exclusion helped homeowners who sell their homes?

Americans were able to set aside an estimated $86 billion in savings over the past four years, thanks to the capital gains exclusion—even with a tough job market and slow economy in many parts of the country.

The exclusion also helps homebuyers. Knowing they’ll be able to keep sale proceeds without paying a hefty tax encourages many homeowners to sell, which increases housing inventory, creating more choices for buyers.

Have a wonderful summer and I’ll see you in the neighborhood.

I’m pleased that this is an interactive column answering questions that you have and writing about topics that are of interest to you as a reader. You can send any questions or topic requests to news@glenparkassociation.org, marc@opni.com, or The Glen Park News, 2912 Diamond Street #407, San Francisco, CA 94131.

Marc Dickow, a Glen Park resident is the Broker/Owner at Core7 Real Estate. He can be reached at marc@opni.com, or by phone at 415-722-4018. His website is www.altrockrealtor.com.
SERVING THE GLEN PARK COMMUNITY FOR OVER 20 YEARS!

What should you look for in a real estate company? Simply put, experience.

Over more than 95 years, McGuire has built its reputation on unrivaled expertise and integrity. We represent the top agents in the area, supported by the strongest industry leadership, and backed by an extraordinary support team of transaction, listing, and marketing specialists. The most meaningful measure of our success, however, is our clients, who come back to us time and time again for the high level service and success they have come to expect from McGuire.

JUST LISTED - 145 Farnum
Glen Park - www.145Farnum.com

JUST LISTED - 171 Sussex - $1,979,000
www.171Sussex.com

IN ESCROW - 100 Everson
Glen Park - www.100Everson.com

JUST SOLD - 1 Malta -Glen Park
Sold $1,750,000 (Multiple Offers)

JUST SOLD - 224 Roanoke - 2BR/1BA
$1,450,000 $391,000 over asking!

CONTACT HOWARD TODAY!
FOR ANY OF YOUR REAL ESTATE NEEDS.
415.296.2105
hreinstein@mcguire.com

HowardReinsteinSF.com
Every Monday
Family Storytime & Playtime 4–5:30, Glen Park Library, 2825 Diamond St.
Books, songs and fun for children of all ages.

Every Tuesday
Family Storytime & Playtime 10:30–11:30, Glen Park Library
Books, songs and fun for children of all ages.

Every Wednesday
Friends of Glen Canyon Park Work Parties 9–noon. Meet behind the Rec Center.
Volunteers are welcome to work with Recreation and Park Department’s Natural Areas Program staff.
For information, contact David Burnet at 415-871-0203 or david.burnet@sfgov.org.
Friends of Glen Canyon Park Work Parties
California Native Plant Society Work Parties (starting July 6)
Noon-3, Glen Canyon Park
Volunteer activities include weeding, planting, and general maintenance. Please wear closed-toed shoes, long pants and layers. The event will occur rain or shine. To RSVP, email recparkvolunteers@sfgov.org or call 415-851-5535.

Book librarian (starting July 6)
4-5, Glen Free Library
Do you need personalized help using a computer or the Internet? Do you have questions on a topic not covered in one of our free computer classes or simply need more help with research or a specific computer or internet task? Call 415-355-2899 to book an appointment.

Every Friday
Food Pantry 1–2 pm, St. Aidan’s Church
Volunteers run this free Food Pantry for low-income and disabled clients who live in the 94131 zip code.
This is just one of the many community activities St. Aidan’s hosts. Others include yoga, AA, Al-Anon, Weight Watchers and other community groups.
For details, visit www.staidan.org or call 285-9540.

Jazz in the Bookshop
5:30–8, Bird & Beckett, 653 Chenery St.
A neighborhood party every week, with live jazz. See birdbeckett.com for performances.

Every Saturday
Jazz Club 7:30–10, Bird & Beckett
A weekly jazz concert series. See birdbeckett.com for performances.

Every Sunday
A weekly concert series offering jazz, acoustic, Americana, world and classical music. See birdbeckett.com for performances.

Canyon Moonlight
7:30-9:30, Bird & Beckett
A weekly concert series featuring rockabilly, country and folk. See birdbeckett.com for performances.

Saturday, June 18
Habitat Restoration Work Parties 9:00-3:00, Saturday of the month.
Meet at the Rec Center or Elk Street, Glen Canyon Park.
Join the Friends of Glen Canyon Park and SFPPD gardeners for a volunteer work party.
Wear closed-toed shoes, long pants and layers. The event will occur rain or shine.

Glen Park Neighborhoods History Project
General Meeting 3:30-5:30, Glen Park Library

Sunday, June 19
Lego Free Play 1-4, 3rd Saturday of the month, Glen Park Library
Lego for architects, engineers and artists of the future. Parents and caregivers are welcome to build with their child for ages 3-12.

Latif Harris / David Nelzer Reading 2-4, Bird & Beckett
Jinx Jones Fathers’ Day Blowout 7:30-10, Bird & Beckett

Monday, June 20
Poetry with Open Mic 7-9, Bird & Beckett
Poets read, followed by open mic. This week featuring Michael Koch and James Cagney. See birdbeckett.com for more details.

Tuesday, June 21
SFPD Community Meetings 7–8 pm, location varies
The 3rd Tuesday of every month. Ingleside Station’s commanding officer, Capt. Joseph McFadden, hosts a Community Relations Forum. Keep up to date on neighborhood police issues. For information, visit the website at inglesideB10station.com or call the station at 415-404-4050.

Wednesday, June 22
Build a Scribble Bot 2-4, Glen Park Library
Complete an electrical circuit and build a simple contraption that skitters around while it scribbles. Take your Scribble Bot home with your! Children ages 8+. Space is limited; call 415-355-2858.

Resilient Diamond Heights 3:30–5, St. Aidan’s Church, 101 Gold Mine Drive
Neighborhood emergency/disaster planning workshop.
Glen Park residents are welcome.

Saturday, June 25
Grant Levin/Chris Amberger Duo 4-6, and 2nd and 4th Saturday of the month, Bird & Beckett

Sunday, June 26
Cross Talk Greek Poetry Anthology Reading 2-4, Bird & Beckett

Tuesday, June 28
Finger Knitting 1-2:30, Glen Park Library
With Linda Janklow from Peopleologie. No experience required. Just bring your fingers! Watch how easily you can knit using your hands, concentration, some dexterity, and a bit of yarn. In an hour you’ll have a necklace, headband, armband, or maybe a bead. Your choice. Feel free to bring your own yarn or use ours. For ages 7 and up. Space is limited; call 415-355-2858.

Wednesday, June 29
Learn to Make Kombucha Tea 6:30-7:30, Glen Park Library
Making kombucha at home doesn’t have to be difficult! You can learn to make homemade kombucha with a real food pro, Karen Solomon.

Wednesday, July 6
LEGO Free Play 2-4, Glen Park Library
Legos for architects, engineers and artists of the future. Parents and caregivers are welcome to build with their child for ages 3-12.

Thursday, July 7
Teen Movie: Ratatouille 3:30-5:30, Glen Park Library
A rat who LOVES food and can cook makes an unusual alliance with a young kitchen worker at a famous restaurant. Rated G. 111 minutes. 2007.

Saturday, July 9
Film Screening: Mad Max: Fury Road 3-5, Glen Park Library
A woman (Charlize Theron) rebels against a tyrannical ruler in post-apocalyptic Australia in search for her homeland with the help of a group of female prisoners, a psychotic warrior, and a drifter named Max (Tom Hardy). Academy Award nominee for Best Picture. Rated R. 120 minutes.

Tuesday, July 12
Lip Glam: Designing a better lip balm 2-4, Glen Park Library
Discover what makes the best lip balm! For Best. Learn about the science behind this popular product and discover you already have the chemical engineering knowledge to create lip balms in your own kitchen. A fun and money-saving skill for all genders. Materials provided. For ages 9+.

Thursday, July 14
Bird & Beckett Book Club 7-9, 2nd Thursday of the month, Bird & Beckett
A book is discussed each month. Participants choose the next month’s book. See birdbeckett.com

Friday, July 15
Great Teen Book Swap 3:30-5, Glen Park Library
Free book swap for book lovers. The free librarian will bring out several books (new titles, old titles, and titles that have not been published yet) and allow teens the chance to browse through them for one that they’d like to keep. Teens will, in turn, give us a review of the book on the next swap. For ages 10-18.

Saturday, June 16
Habitat Restoration Work Parties 9:00-3:00, Saturday of the month. Meet at the Rec Center or Elk Street, Glen Canyon Park.
Dinosaurs, Dynamo, and High-Flying Shows: The Amazing History of Glen Canyon Park 10-1, Meet at the Glen Cow Sign on Elk Street at the automobile turnout, near Chenery.

Sunrise Sydney History Walk: The Early Days of Glen Canyon Park 10-11, Meet at the Glen Cow Sign on Elk Street at the automobile turnout, near Chenery.

Sunday, July 17
Kindergarten Summer Railroad 11-1, Glen Canyon Park Playground

Saturday, July 23
Poetry with Open Mic 7-9, Bird & Beckett
This week featuring Richard Vorhees and Blake More. (See June 20)

Tuesday, July 19
SFPD Community Meetings 7-8, location varies (See June 21)

Thursday, July 21
Meet your National Park Service Ranger
Delight in learning about the flora, fauna, and tales of SF through masterful storytelling from your local National Park Ranger. Program is open to the public and is supported by the National Park Service Centennial.

Thursday, July 23
Little Explorers Petting Zoo 3-5, Glen Park Library
Come per family friendly animals, including goats, sheep, rabbits, a pot belly pig, and more. For children of all ages.

Saturday, July 23
Poetry with Open Mic 7-9, Bird & Beckett
(See June 20)

Monday, August 1
Poetry with Open Mic 7-9, Bird & Beckett
(See June 20)

Sunrise Sydney Neighborhood Association 7 pm, St. Finn Barr Community Room, 415 E. 9th Street
Quarterly meeting.

Wednesday, August 3
Diamond Diners Lunch and Social Hour Noon-1, St. Aidan’s Church, 101 Gold Mine Dr.
Volunteers prepare a free lunch to a diverse group of seniors over age 55.

LEGO Free Play 2-4, Glen Park Library
(See July 6)

Thursday, August 4
Kindergarten Summer Welcome Event, Glen Park School
The Glen Park School is hosting a welcome event with the kindergarten teachers. For information, see the Glen Park Elementary School column on page 20.

Friday, August 5
Buttons! 3-4:30, Glen Park Library
Use recycled magazines and comics to make unique buttons. Draw your own picture or bring a magazine clip to use for inspiration.

Saturday, August 6
The Lego Movie & Legos 1-5, Glen Park Library
Watch Emmet Wyler’s story on their Lego universe! Play with Lego and munch on popcorn. Lego free play starts at 1:00, film starts at 2:00. Rated PG; 101 minutes. 2014. Recommended for ages 5+

Kindergarten Summer Playdate 2-5, Glen Canyon Park Playground

Glen Park Neighborhoods History Project
General Meeting 3:30-5:30, Glen Park Library

Thursday, August 11
Bird & Beckett Book Club 7-9, Bird & Beckett
(See July 14)

Monday, August 15
Poetry with Open Mic 7-9, Bird & Beckett
(See June 20)

Tuesday, August 16
SFPD Community Meetings 7-8, location varies